When I left I left walkin' wounded
I made my escape from the rain
Still a prisoner of hurt
I had months worth of work
Just freein' my mind of the pain
I had hours of sittin' alone in the dark
Listenin' to sad songs and comin' apart
Lord knows I made crying an art
Woe is a slow healing heart

A slow healing heart dyin' to mend Longin' for love lonely again But when the spirit is broken And the memories start Nothin' moves slower Than a slow healing heart

How I prayed for blind faith to lead me
To places where I'm not afraid
Now I'm doin' fine both in body and mind
Some hurts take longer to fade
But there's a part of my feelings ever on guard
Against looks that are tender and words that are hard
'Cause I still remember those cutting remarks
Oh it's painful a slow healing heart

A slow healing heart dyin' to mend Longin' for love lonely again When the spirit is broken And the memories start You know nothin' moves slower Than a slow healing heart Nothin' moves slower Than a slow healing heart